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W. T. LAMBY, Editor and Publisher.
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Physical Training and Fresh Air.

Exercise and deep breathing are the remedies prescribed by Dr. Nature. They fortify the well and cure the sick. Most of the physical ills of the day come from the fact that we have made our lives sedentary. Those who dwell in cities do not get close enough to the soil, do not have enough of the sunshine and fresh air and are not sufficiently active in a physical way.

All these things have been said before, but they have not seemed to strike home, so they must be told over and over again until they make their impression on the public mind. Unless we return to Nature and are obedient to her laws, we shall be a race of consumptives. Whatever makes for stronger bodies and more natural lives should be encouraged. Physical training is a basis for courage morally and success. Health is a spiritual as well as a bodily quality. Men and women must learn to be at their best, develop symmetrically on every plane.

The New York Mail recounts the following case of a man who walked himself well:

A certain man of San Francisco, who was considered well, dressed to perfection and, apparently, had given up no all the physicians to diagnose his case, resolved that he would take a long walk on road and die by the wayside. Upon this date would die upon him and the day he him a fond farewell. He sailed forth, and, feeling more dead than ever as the falling than he expected, he kept on and on. Instead of coming nearer to his death he had counted upon he found that he was going farther away from it. He began to get well as he tramped eastward, and, at a point, long story short, he arrived at Philadelphia the other day in a fresh Philadelphia, having walked all the way from ocean to ocean.

The western world marvels much at the Japanese. Here are a people that have made themselves a world power in a generation, a people that is teaching his teacher. But if the world understood what inside it is on which the Japanese build, some of the amazing things might be explained. A western student of the island empire says:

Fresh air—and a great abundance of it—is the Japanese rule. The women who lies down for her nights rest has the paper pencil window thrown open a little. The air sweeps into the room and passes over her as she lies upon the floor. If it be cold the sliding doors double-closed, but she does not close the window.

In the morning the "futon" of the first comer is folded and the whole Japanese woman takes in great breaths of fresh air. This internal cleansing will stir a feeling as being of more importance than the morning bath that follows each day.

Consumption is a rare disease in Japan. Even in winter one sees little of it. Experience, and this despite the fact that the real Japanese do not heat their rooms with anything more than a hibachi, a tiny charcoal stove that does not raise the temperature of the room up to any appreciable degree, but serves mainly for keeping the hands warm and for supplying the fire with coals when a pipe for the point of the Japanese dandy. When Japanese women wish to feel warm they add clothing, just as their would do when going out into the street.

The Japanese look upon fresh air breathing as being the most vital function in life. Food is not so important, although it is necessary. The least of exercises are of little value, unless the breathing that accompanies them is not properly done.

Another people that have excited the admiration of the world are the Swiss. The Boston Globe discovers in Switzerland that the national qualities we so much extol are in a similar basis of natural living. It says:

Like the Japanese, the Swiss begin as little children to be trained to some form of athletics. In all the schools gymnastic classes are organized and are a compulsory part of the curriculum. Extra games are taken with backward scholars, so that all may eventually join the large athletic organizations which are fostered by the government.

If we would be well, we must be natural. Learn how to breathe, how to exercise, how to walk and how to live normal and wholesome lives.

Why Not the Human Telephones?

The practice of disinfecting telephones at least once a week started in one of the departments of the New York city hall some months ago and is spreading throughout the country. The process is to unscrew all the mouthpieces each Saturday night and give them an antiseptic bath. This removes a varied assortment of profanity, imitations, germs and dandruff generally. It is not only more healthful for the people, but is doubtless gratefully received by the instruments themselves.

This plan could be adopted on the human telephone as well as on the mechanical one.

For example, there is the man who comes home late, his breath reeking with whisky, cause language and abuse for his family. Unscrew his mouthpiece and give it an antiseptic bath.

Then there is the gossip that peddles poison about her fellow beings. Unscrew her mouthpiece and give it an antiseptic bath.

Do not overlook the knocker. After he has run down the community and every enterprising man in it, unscrew his mouthpiece and give it an antiseptic bath.

Let not the man escape that spends half his nights in telling foul stories. Unscrew his mouthpiece and give it an antiseptic bath.

There are no limits to the good uses to which this practice could be put. The than that sometimes is to the street cars and on the sidewalks, the unclean beast that makes foul remarks in the hearing of passing ladies, the woman that indulges in profanity, the person, male or female, that says unkind things and takes a secret delight in wounding others, those women in sound drip venom when they might have given utterance to kindly and helpful words—all these and many, many more could, with profit to themselves and others, have their mouthpieces unscrewed and given an antiseptic bath.

The whole country should be grateful to New York for this innovation. If it spreads in this manner it would become a source of cleanliness and healthfulness to a very considerable portion of the race.

The New United States Navy.

Nothing is in modern life is undergoing more rapid evolution than the navies of the world. The problem has become to be how to make war vessels that are proof against all projectiles and to make projectiles that no war vessel can withstand.

Since the American war with Spain ranks have been authorized that will almost completely transform the United States navy. The new ships will be heavier, better armored and will be equipped with many more modern appliances. The first of these, the California, was recently launched at San Francisco. She belongs to the battleship class, has a length of 503 feet, a displacement of 14,000 tons and calls for a speed of twenty-two knots an hour. She will be probably the first vessel of the newer navy to be completed and carry an armored coat of Krupp steel. Including the battleships Maine, Mississippi, Alabama, Illinois, Wisconsin, Kearsarge, Kentucky, Iowa, Indiana, Massachusetts, Oregon, Ohio (soon to be in commission and Texas and the armored cruisers Brooklyn and New York.

The vessels authorized since 1890 are to constitute our newer navy, both in the experience of our war with Spain. Included in this newer navy are the battleships Connecticut, Kansas, Louisiana, Minnesota, Vermont (16,000 ton each), Georgia, Nebraska, New Jersey, Rhode Island, Virginia (15,000 tons), Idaho, Mississippi (13,000 tons) and the armored cruisers Tennessee, Washington (14,500 tons), California, Pennsylvania, West Virginia (14,000 tons), Colorado, Maryland, South Dakota (13,000 tons), and twelve large ships and eight armored cruisers as well as battleships, but having greater speed.

When these vessels are completed the American navy will be one of the most formidable afloat.

Until the science of war becomes so perfect that it destroys itself, human effort will still be employed in constructing fighting machines whose purpose will be to repel other similar fighting machines from scrap iron.

The report that credits Russell Sage with saying that he does not care for money is probably twisted. What he meant, without doubtless did say is that other men should not care for money. That is more in the line of Sage philosophy, if such a term is permissible.

Somehow our European friends never can be brought to see the benefits of the Monroe doctrine. Possibly it is on the principle that a hungry cow cannot appreciate a dark wire fence around a patch of clover.

When a man gets into a rut it soon grows so deep he cannot see anything but the overhanging banks

Possibly the here of the battleship Missouri got married to keep from being Holcombed.

Some people are so stingy they cannot respire well. After taking a breath they hate to let it go.

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JIU JITSU ON SOCIALISTS.

Japanese Demonstrate Art to Members of National Convention.

Practical exhibition of the art of jiu jitsu, one of President Roosevelt's favorite accomplishments, ben Joe Katayama demonstrated the art of self-defense to those who were recently gathered in national convention at the Hotel Bellevue-Stratford and incidentally showed Chief O'Neill's bluecoats how a small Japanese possessed of an extraordinary amount of nervously pressure as big and as brawny as Joffrey. Katayama is a socialist and labor leader who came from Japan to organize the Japanese workmen in Japan, the United States, says the Chicago News.

Most of the delegates gathered around Katayama, all of the assistant cases towering above the Japanese, who is barely five feet tall, two or three begins to push one another around in good natured bumfoozery when the wrestlers lurched and tumbled. Joe Ito. He smiled and said he would show them. A Japanese wrestler could with the art of jiu jitsu can afford to defy the strongest and biggest men who know nothing of that science.

Picking out the heaviest delegate in the group, the Japanese asked him to sit down in a chair.

"Now, I will show you how it would make you get up and of that chair and go along with me peacefully to the police station," he said, "and I would be you an obstinate prisoner," said Katayama.

Stepping up to the honeyweight, Katayama seized the elbow of his right arm with one hand and the wrist of his wrist with the other. A couple of deft twists and the astonished victim of Katayama's skill jumped up from the chair as if he had suddenly discovered that he was sitting on a pin. Forcibly he rubbed his arm and acknowledged that he was satisfied with the test. Then Katayama suggested that he play the part of the unwilling prisoner. He took his seat in the chair, and the big fellow grabbed him by the arms and tried to imitate the feat. Katayama met the other fellow's twists and turns with movements as quick and simple, and after five minutes' struggle the bigger man was obliged to give up and confess that he could not make the little Japanese from the chair.

"It is simple when you know how," said Katayama.

TO ENTER SOCIETY.

John Parson, Chicago Millionaire, Tells You How.

John Parson, a millionaire of Oak Park, a suburb of Chicago, he once spent a time said he would bequeath $1,000,000 to the right kind of secret girl, challenged public attention again by giving a recipe for breaking into society, says the Chicago dispatch. It may be summarized thus:

Apply for a divorce from your wife.

Move into a neighborhood in close proximity to swelldom.

Move into swelldom as soon as you can get money enough to pay the rent.

Join a fashionable church.

Play cards on Sunday and the time you have out of office hours.

Cultivate the golf habit.

Read the trashiest novels.

Read a great deal and work up an acquaintance with society people.

Attend club functions.

Pay more attention to what is on your back than in your head.

These suggestions are brought out by the statement of Richard Parson of Auburn Park, who is trying to enter good society, but is handicapped by a wife who cares nothing for society.

Continuing, Mr. Parson, who is himself in "good society," says:

"Well, the possession of a lively family skeleton should help some. A divorce is often of benefit to the aspirant. If he secures a divorce society woman she ought to be able to get her husband in the center of the circle. If she obtains the social honors should chance to be in New York he should join one of the churches. In any case he ought to play cards assiduously and cultivate a recent expression.

"What is society? You might as well as me. 'How old is Ann?' I don't know and need not care anyhow that did. Webster says—but what's the use? I almost anybody can get in if he has about it right."

Latest in Hairdressing.

The latest mode of hairdressing that has originated in London is the parted compadour. Nothing could be prettier or very much the vogue, says the New York Herald. It is precisely the same as the full pompadour arrangement, except that just in the center is a distinct part, from which the hair rolls smoothly away on either side. The effect is decidedly quaint and novel and is very becoming to most faces. All of the most fashionable hairdressers in London have adopted the idea and are endeavoring to introduce it to the exclusion of the old mode.

Sight Restored by a Blow.

A telegram received at Owingsville, Ky., states that John Scott, a wealthy citizen of Burns, Pike county, has recovered the sense of sight after a total blindness of twenty years. After Scott had retired the other night he was awakened by the cry of fire. Violently excited, he sprang from his bed, ran toward the door, but found the door was and accidentally struck his head against everything. Instantly he found he could see and fell on his knees and thanked God for his sight. Scott then assisted in fighting the fire. He is forty years old.

Let Me Tell the Same to Him.

"Let me see," said the young girl who was reading the society news, "What is the meaning of unwalkness?" "Marriage," replied Mr. Henpeck, her father.—Philadelphia Press.

A Cleveland justice will not marry a couple until assured that they will never seek a divorce. Some people are not intend to seek a divorce at the time they marry. It is after taking that the divorce habit manifests itself.

An astronomer has discovered that stars give off heat. This is a new blow to the stars a man sees when he hits his head on the corner of the mantel, though they have the same characteristic.

Some people boast about what they have done—and that is bad. Others boast about what they might have done—and that is worse.

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